

Healthy Nations Wellness Center Schedule

1423 Fruitvale Avenue * Oakland * CA * 94601 Phone: (510) 434-1772

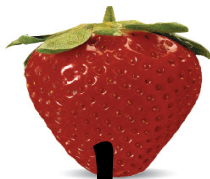
May 2008

Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
			5/1 12:00 Yoga Amanda 5:30 Elasticity & Aerobics Irma 7:00 Mixed Choreography Marcela	5/2 12:00 Step Class <i>Marcela</i> 6:30 Step Class & Pilates Irma	5/3 Gym Open 10:00am to 1:00pm
5/5 12:00 Yoga <i>Amanda</i> 5:00 Choreography & Pilates <i>Irma</i>	5/6 12:00 Locomotor Dance <i>Marcela</i> 5:30 High & Low Step <i>Irma</i>	5/7 12:00 Step & Tone <i>Paulina</i> 5:30 Kickboxing <i>Irma</i> 6:45 Mixed Dance <i>Marcela</i>	5/8 12:00 Yoga Amanda 5:30 Elasticity & Aerobics <i>Irma</i> 7:00 Mixed Choreography <i>Marcela</i>	5/9 12:00 Step Class <i>Marcela</i> 6:30 Step Class & Pilates <i>Irma</i>	5/10 Gym Open 10:00am to 1:00pm
5/12 12:00 Yoga <i>Amanda</i> 5:00 Choreography & Pilates <i>Irma</i>	5/13 12:00 Locomotor Dance <i>Marcela</i> 5:30 High & Low Step <i>Irma</i>	5/14 12:00 Step & Tone <i>Paulina</i> 5:30 Kickboxing <i>Irma</i> 6:45 Mixed Dance <i>Marcela</i>	5/15 12:00 Yoga Amanda 5:30 Elasticity & Aerobics <i>Irma</i> 7:00 Mixed Choreography <i>Marcela</i>	5/16 12:00 Step Class <i>Marcela</i> 6:30 Step Class & Pilates <i>Irma</i>	5/17 Gym Open 10:00am to 1:00pm
5/19 12:00 Yoga <i>Amanda</i> 5:00 Choreography & Pilates <i>Irma</i>	5/20 12:00 Locomotor Dance <i>Marcela</i> 5:30 High & Low Step <i>Irma</i>	5/21 12:00 Step & Tone <i>Paulina</i> 5:30 Kickboxing <i>Irma</i> 6:45 Mixed Dance <i>Marcela</i>	5/22 12:00 Yoga Amanda 5:30 Elasticity & Aerobics <i>Irma</i> 7:00 Mixed Choreography <i>Marcela</i>	5/23 12:00 Step Class <i>Marcela</i> 6:30 Step Class & Pilates <i>Irma</i>	5/24 Gym Closed Gimansio Cerrado
5/26 Gym Closed Gimansio Cerrado	5/27 12:00 Locomotor Dance <i>Marcela</i> 5:30 High & Low Step <i>Irma</i>	5/28 12:00 Step & Tone <i>Paulina</i> 5:30 Kickboxing <i>Irma</i> 6:45 Mixed Dance <i>Marcela</i>	5/29 12:00 Yoga Amanda 5:30 Elasticity & Aerobics <i>Irma</i> 7:00 Mixed Choreography <i>Marcela</i>	5/30 12:00 Step Class <i>Marcela</i> 6:30 Step Class & Pilates <i>Irma</i>	5/31 Gym Open 10:00am to 1:00pm

Gym Hours: Monday-Friday 10:00am-8:00pm Saturday 10:00-1:00pm Sunday CLOSED

Horarios: Lunes-Viernes 10:00am-8:00pm Sábado 10:00-1:00pm Domingo CERRADO

Harvest of the Month



Strawberries

Monthly Membership Prices:

Regular Community Members \$25.00

Patients of NAHC \$20.00

Pacientes de La Clínica de La Raza \$20.00

Youth 12-17 & Older Adults Age 50+ \$15.00

All members have unlimited use of equipment includes all: free weights, circuit training equipment and cardiovascular machines.
All group exercise classes are included.